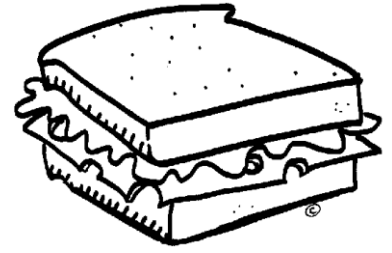


LUNCH OPTION INFORMATION

Our facility, The Golda Och Academy is kosher and requires that our children and staff bring only non-meat lunches from home. All types of beef, poultry, pork, veal and shellfish are not permitted. (Other kinds of fish, such as tuna are fine.) We know that many of our Harbor Haven children cannot eat dairy products. This makes non-meat lunches a difficult task for parents as they try to figure out what to pack for their child. Therefore we have made arrangements to offer kosher lunch alternatives during the week because of these food limitations.



We are pleased to announce that on Mondays, Super Duper Bagels of Livingston will provide a paid lunch option. You can make your selections on the optional lunch order form that follows.

We are pleased that once again Deli King in Clark, NJ will provide a paid lunch option on Tuesdays, Wednesdays, and Thursdays for the upcoming season. Deli King of Clark is a high quality establishment that has been serving the community for over 30 years. They have assured us that the items they are providing are peanut/nut free products. If you have any specific questions about the food items listed below please feel free to call Deli King and ask for Kenny. Their phone number is 732-574-2040.

All parents have the chance to pre-select a lunch for **Mondays, Tuesdays, Wednesdays, and Thursdays** the weeks their child is attending. See attached order form for choices and prices. **(Camp is closed on Thursday, July 4th.)**

Your lunch order sheet and payment will need to be received no later than June 15th. You must order and pay for all of the lunches your child wants in advance. In most cases, with a few days notice we can make changes. If your child is absent on a day you have paid for a lunch, it will be refrigerated until the next day and served to your child, unless you call us and specify otherwise.

You can order the lunch option for as many or as few days as you want. If you are unsure which weeks your child is enrolled for, please call us before completing the optional lunch sheet. We hope that this option will make lunch planning easier for you and give your child more choices for lunch. Please feel free to call or e-mail us if you have any questions. Telephone: 908-964-5411, e-mail info@harborhaven.com.

We will continue to provide a complimentary lunch to everyone every Friday according to the schedule below. There is no need to send lunch with your child on these days unless he/she does not eat what we are serving. In that case, send a brown bag lunch from home and we will refrigerate it. As always, we provide a morning and afternoon snack every day!

Friday Complimentary Lunch Schedule (Reminder: Complete Food Permission/Complimentary Friday Lunch Selection Form; *Gluten/dairy free choices listed)

June 28, July 19, & August 9	Pizza and Salad
July 5 & July 26	Chicken Nuggets and Chips
July 13 & August 2	Baked Ziti and Salad

Note for LIFE Program Participants: You have lunch out on Mondays include as part of your trip day. Choices will be reviewed prior to each trip day.

Note for TravelQuest Participants: You will have lunch out every day. Choices for lunch will be reviewed prior to each trip.

OPTIONAL LUNCH ORDER FORM

Name of Child _____ Phone Number _____

Please complete the form and send it back with a check payable to Harbor Haven for the total amount you are ordering. Make a copy of this form for your records. No lunch order form will be processed without payment. *Please put a check mark next to one meat or spread choice and one bread/bagel choice for each day you are ordering. Condiments and pickles are available on deli days. (Note: The rye bread is seedless. Bologna, hot dogs, Hamburgers and salami are made of beef. Hot items while fully cooked, may have cooled slightly before consumption.)* Sorry, no credit cards accepted for this transaction.
Telephone: 908-964-5411, Fax: 908-964-0511

Price List:

- \$7.50 – Grilled Chicken Cutlet, Corned Beef, Roast Beef, Turkey
- \$6.95 – Veggie Burger (*Gluten Free), Salami, Bologna
- \$5.95 – Egg Salad, Tuna Salad
- \$4.95 – Chicken Nuggets
- \$4.50 – Grilled Hamburger
- \$3.00 – Bagel w/ butter, cream cheese, veggie cream cheese, jelly or plain
- \$2.75 – Grilled Hot Dog

Reminder:
Camp provides
lunch on
FRIDAYS!

***Gluten Free bread or bagel has an added \$1.00 surcharge**

Week 1: June 24 – June 28

Monday, June 24 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free
___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

**Tuesday, June 25 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___**

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

**Wednesday, June 26 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___**

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

**Thursday, June 27 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___**

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 2: July 1 – July 5(No camp, Thursday July 4th)

Monday, July 1 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free
___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

**Tuesday, July 2 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___**

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

**Wednesday, July 3 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___**

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 3: July 8 – July 12

Monday, July 8 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, July 9 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Wednesday, July 10 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Thursday, July 11 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 4: July 15 – July 19

Monday, July 15 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, July 16 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Wednesday, July 17 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Thursday, July 18 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 5: July 22 – July 26

Monday, July 22 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, July 23 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Wednesday, July 24 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Thursday, July 25 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___
Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 6: July 29 – August 2

Monday, July 29 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, July 30 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Wednesday, July 31 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Thursday, August 1 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Week 7: August 5 – August 9

Monday, August 5 – Bagel Choice: ___ Plain ___ Whole Wheat ___ *Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, August 6 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Wednesday, August 7 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Thursday, August 8 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ *Gluten Free Bread ___

Total Number of \$7.50 Items _____ X **\$7.50** = _____ **total cost**

Total Number of \$6.95 Items _____ X **\$6.95** = _____ **total cost**

Total Number of \$5.95 Items _____ X **\$5.95** = _____ **total cost**

Total Number of \$4.95 Items _____ X **\$4.95** = _____ **total cost**

Total Number of \$4.50 Items _____ X **\$4.50** = _____ **total cost**

Total Number of \$3.00 Items _____ X **\$3.00** = _____ **total cost**

Total number of \$2.75 Items _____ X **\$2.75** = _____ **total cost**

Total number of \$1.00 GF Bread Items _____ X **\$1.00** = _____ **total cost**

Grand Total of ALL ITEMS _____

Remember: The deadline is June 15th

Harbor Haven

470 Prospect Ave., Suite 203B, West Orange NJ 07052

Phone: 908-964-5411

Fax: 908-964-0511

email:info@harborhaven.com